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**Learn About J-BEAUTY Traditions**  
**Vegetable Dishes That Japanese Love**

**Special Interview**

**Kazuhiro Soda**  
(Documentary Filmmaker)

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The themes of the cover of this month are "Japanese Beauty & Health". To find out more about them, check out the featured section from page 7.

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## PEOPLE

### Kazuhiro Soda

Award-winning documentary filmmaker Kazuhiro Soda, has developed his own "kumakoto style (observational documentary)" style. He talks about his documentary filmmaking with Chopsticks NY.

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**Cafe:** Pop-up Cafe Serving Dango

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# "Documentary filmmaking is about art and art cannot be compromised."

—KAZUHIRO SODA

*Kazuhiro Soda is famous for being an uncompromised, genuine and insightful documentary filmmaker. Film festivals around the world have rewarded his observational work series. His latest film "Oyster Factory" (Kaki-Kiubie) premiered at the prestigious Locarno Film Festival in 2015 and has since gained wide recognition in Japan where it opened in more than 50 theaters across the country. Through the small window of the fishing village of Ushimado and its oyster factory workers, we are compelled to look at the reflection of the world in its entirety. Below a seemingly peaceful routine, each party involved is facing the global challenges of local manufacturers, generational gap and migration issues. Soda-san is taking us behind the scenes in this thoughtful interview.*



Your documentary style has become your trademark signature over the years as you develop new projects. Can you tell us about this style and why it is so crucial to your work?

I make what I call "observational films." I want the audience to be able to immerse itself into the story without any distractions such as music, titles cards, and narration. In Japanese you would call it "kissatsu", it's the concept of looking and listening and making your own discoveries. I am trying to share reality as I see it. That's why I don't do any script writing or pre-production interviews with the subjects ahead of the shoot. I don't want to establish any blueprints that could make the film predictable. I trust that the audience will experience the same raw reality that I observe and try to learn something from it.

This is a very brave style of documentary that doesn't conform with the traditional "marketable" docc formatted for TV sales. How do you cope with this challenge?

It is true. I am not compromising my style, the story or the length of the film to fit a pre-requested format. I think that people are fed up with films that are only a marketable product. I need to feel genuinely excited about a topic to work on it and I trust that the audience will share my excitement. Having no strings attached to investors or TV stations allows me to make the film that I want. For example if I feel that the film needs to be 2h 25min long, this is what it will end up being. My longest film was actually 5h 45min! It's also a form of marketing to purposely

net cine about marketing. Above all, I believe that documentary filmmaking is about art, and art cannot be compromised.

But of course, once the film is finished, I go from being an artist to becoming a salesperson! But this is a conscious decision and I am ok with it because I know that no one can revise the film.

**Oyster Factory is your 7th installment in your observational series. How did you come to this subject?**

It was somewhat accidental. My wife Kayoko's mother is from this region of Ushiroda and Kyoko and I regularly rent a vacation house in her hometown. Because Kayoko did Tai-chi every morning at the shore, she became acquainted with the fishermen there. We became friends with them after they observed us for several weeks! They opened up about the fishing industry and the challenges they are facing. I realized that the same issues were impacting local industries in most developed countries and that was the spark that ignited my motivation to film this life of fishermen. In November 2013, we went back to Ushiroda with a camera but we realized that fishing season was over for the fishermen we met. The factory was busy with oysters at that time. We had no idea how an oyster factory worked but we decided to take advantage of this seasonal opportunity and filmed "Isso-kara".

**It is indeed very interesting to learn about the process of oyster farming, the craft and hard work that it requires to produce a sustainable resource for selling, but it also reminds us how disconnected we are from the food we eat and the people who produce it. Are we part of the problem afflicting this industry?**

Absolutely. While filming, I realized that I was witnessing on a small scale what was happening all across the globe. The town of Ushiroda is suffering because of many factors. One of the main challenges is the generational gap. The town is rapidly aging. The youth has left to find a more rewarding line of work in the cities. The younger generations are fleeing away from this dangerous, labor-intensive manual work. For example, the factory owner is left wondering what will happen to his plant after he retires. His son has neither the will nor the motivation to take over the factory. Immediately I thought, "Why

## OYSTER FACTORY (2015)



Facing severe labor issues, this traditional factory village of Ishikawa in Chugoku Prefecture may not be as quiet as it may seem. The oyster industry there is now obliged to hire non-Japanese workers in order to fill the positions of shucking oyster caught systems which Japanese people refuse to enter. The documentary film slowly reveals the human behind oyster shell, workers and Chinese laborers, exploring the uncertain future of the industry and much larger scale of problems that the Japanese society holds.

Directed, shot and edited by Kazuhiko Sudo  
Produced by Kazuhiko Sudo and Ryohei Kishimoto  
www.oysterfactory.net



not take over your father's business?" Then I realized that I was looking in a mirror. These questions echo my own personal history very strongly. My father is a small scarf manufacturer but it was never even an option for me to continue his line of work. We are taught to think that success is moving to a big city going to good schools and securing a suit. We are now witnessing the devastating consequences of this mentality.

**Your film also touches upon a very sensitive and timely subject: the relationship to the "stranger" and the globalization of the foreign workforce. Tell us about it.**

To counter the depletion of the native workforce, factories are forced to employ foreign workers from China. The oyster factory is no exception. There is a striking image in the movie where you see a skeleton on the wall with a date circled "China is coming". Chinese workers are both the salvation and the cause of the Ushiroda fishing industry. The way of the situation is cruel: if the wages were higher,

Japanese people would probably accept to shuck oysters. But if wages go up, the resale price will also climb up and the overall sales would suffer from it. So the plant owners need to make a hard choice: in order to stay competitive, they pay low wages that don't attract locals, and are forced to turn to Chinese workers. This is a big dilemma for them and for us as consumers. The blame is shared between all parties involved in this complicated issue.

**Is there a topic that has caught your eye since completing the film? Can we hope for another chapter of your observational series soon?**

Actually during the shoot of "Oyster factory" we came upon two characters that barely appear in the movie: an 80-year-old fisherman and an older woman who talks to the white cat. I am currently editing the footage I captured around them. They will probably become our next feature.

—Interview by Ruth Berdel-Desert

# All Things New from Stores, Products to Events

## SHOP

### arth at TurnStyle: A Little Shop of Hatters

arth also offers hip twists on tradition. The classic French beret is a winter fashion staple—but those who'd like to sport the style year-round love arth's tropical version, made of rayon, polyester, cotton, and tencel.

"In Japan, we have a variety of weather climates," Kusibori explains, "and they influence our hat-making aesthetic and craftsmanship." Linen sun hats offer double sun protection: the brims provide shade and the fabric is treated with sun-block preventing UV damage to the wearer's skin and the hat. With humid conditions causing perspiration, summer hats can be a challenge to keep clean, so arth offers hand-washable styles. With so much to choose from, no wonder celebrities such as Cameron Diaz and Bruce Willis wear arth hats—customers can't resist snapping by to take the store up on its motto: "Try Something New On Your Head."

Browsing the chic new TurnStyle retail located beneath the Columbus Circle subway station at West 58th Street, one of the coolest draws is a hat store called arth. The store is a creative combination of two words, art and hat, explains store owner, Satoshi Kusibori.

This is the third arth store, offering something for every hat lover: from casual to corporate, baseball caps to bowlers to beretinos.



arth is a go-to hat for every occasion: the shop's layout draws customers in to explore its carefully curated selection of trendy toppers.



Stylish hats are sold without dupes with a beret lover's motto of a style-over-classic.



Summer headwear offers protection from the sun (left) and rain (below).



Owner Satoshi Kusibori models a trendy yet cool beret (below).

arth (at TurnStyle) 1790 Broadway, New York, NY 10019 | TEL: 212.255.1392 | arthstore.com | www.arthstore.com

## CAFE

### "Dango" Specialized Café Popped Up in Brooklyn

MD's dango is a addictive treat and gluten free. You can enjoy different flavors for your choice of sauce with options from Misoaki (sweet soy sauce caramel), Dark Chocolate White Chocolate, to Red Bean. Also served at DDMO is Japanese donuts. Its dough is accentuated with "tokuto" brown sugar from Okinawa and deep fried for a perfect crispiness. There are three stuffing options: Red Bean, Miso, and Sweet Potato. Enjoy the Japanese comfort snack with My Kitchen in Brooklyn's signature "anatake" asortivo or argenteo tea. DDMO will join the Japan Bowl Bar held on June 4th on Park Avenue between 53th and 43th Streets.

DDMO Japanese Table at MCK  
320 Madison Ave., Brooklyn, NY 11201  
TEL: 311-445-4265



## DRINK

### Beloved Junmai Sake Freshened up with a New Label

rice pear and white pepper. It is a signature sake of the brewery and the epitome of what great sake should be. It has been around the U.S. market for 14 years, and recently completed a facelift: the label has been renewed in order to appeal to new, younger sake fans. The light blue label with white and gold graphics represents its classic yet modern taste that complements a wide variety of dishes such as authentic Japanese dishes like sushi and sashimi, rich beefsteak and yakitori chicken skewers. Captured in a sleek 300 ml bottle, the elegant junmai ginp perfectly accompanies your meal from beginning to end. The new Hakushika Junmai Ginp will hit the market in June.

Info: [www.hakushika.com/en/](http://www.hakushika.com/en/)

Having sold 1,500,000 bottles, Hakushika Junmai Ginp is a sake from a long standing brewery, Tatsuzawa-Honke Brewing Co., Ltd., in Hogo Prefecture. Made with a blend of rice varieties milled to 65% remaining and mineral-rich, famed local water, "Myoten-ku", the sake is mild and dry in taste with hints of green apple.



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## 08. Learn About J-BEAUTY Traditions

Japanese women have been particular about skincare for centuries and constantly trying various ingredients and methods in pursuit of smooth, porcelain skin with no visible pores. Here we introduce their skincare and beauty traditions

## 09. Beauty & Health Tips from Pros

### 12. Kawaii in New York: "It's a Cute Month for a Kawaii Wedding"

### 13. MOND-logue: MIRAI Soap

## 16. Vegetable and Grain Dishes That Japanese Love

Although Japanese people are not typically vegetarians, they traditionally eat many vegetables and grains. We'll learn how to incorporate more vegetables and grains into our diet using a Japanese approach.

## 17. 12 Vegetarian Ramen You Should Try!

## Listings

### 14. Beauty

### 15. Health

# Learn About J-BEAUTY Traditions

Japanese women have been particular about skincare for centuries. Traditionally, Japanese people have considered smooth, porcelain skin with no visible pores to be the ideal, and the brighter the skin is, the better. Japanese women are constantly trying various ingredients and methods in pursuit of this ideal, and here Chopsticks NY consults skincare expert, Maiko of Skin Concierge Maiko NYC, to learn more about Japanese beauty traditions.

## Gentle and Thorough Cleansing

According to Maiko, Japanese people are thought to have a thinner skin layer, which serves as a sort of shield, in contrast to other ethnic groups. As a result, Japanese skin tends to be sensitive to dryness, so it should be treated carefully.

The heart of the Japanese skincare regimen is washing the face twice, gently. At night, women use make-up remover and then follow that with a facial cleanser to wash off dirt and dead skin. "Japanese people prefer makeup removers and facial cleansers that are formulated with moisturizing and nourishing essences and that don't remove sebum excessively," says Maiko. She suggests this Japanese method of

washing your face. Lather up the cleansing product well and create a creamy foam first, and then pat the foam all over your face and gently wash your face, rolling the foam over your skin to avoid friction.

## Importance of Moisturizing with Lotion

Maiko explains that the biggest difference between Japanese skincare and that of other countries is the use of toner and lotion. In Europe and North America, people use toner to remove dead skin and dirt, and to maintain an ideal pH balance to prevent skin trouble. In Japan, this happens during cleansing, without need for toner, and lotion is used to moisturize after washing away the dirt of the day. Lotion is an indispensable item that adds moisture and helps to maintain supple, smooth skin.

"Recently, we have seen the growing popularity of 'all-in-one' products, which incorporate all the necessary skincare steps of moisturizing, nourishing, and protecting. However, going through the steps of cleansing, adding lotion and a nourishing essence and cream is still the main concept of Japanese skincare," Maiko adds.

## O-taire: Skincare by Hand

Japanese women are also conscious of the way skincare products feel on the skin. The word o-taire (meaning "to care") contains the word ai (hand), and it implies that there are many Japanese women who love applying products using their hands, rather than cotton balls or puffs, because that makes them more aware of the state of their skin and the effectiveness of their skincare products. "I personally recommend that," says Maiko.



**Skin Concierge Maiko NYC**  
maikoskincare@gmail.com  
TEL: 332-848-4895



## Ancient Skincare Ingredients Still Used in Japan

**Kansuado (rice bran):** Rich in amino acids, vitamins, and minerals, kansuado has been widely used to beautify skin and hair in Japan. Since rice is a staple of the Japanese diet, this byproduct from milling rice was traditionally easy to come by. Today, it is known to remove dead skin and melanin from the skin, and there are now many skincare products formulated with kansuado.

**Cucumber oil:** This dates back to Hansei period (756-1185), when Japanese people

used the oil for food, medicine, and cosmetics. Today, it is a standard oil in skincare and fragrance products.

**Sponge cucumber (hojichu) water:** This vegetable came from China to Japan as early as the Heian-kyo period, and its sap was popular among women as a brightening lotion during the Edo period (1603-1868). Skincare lotions made with sponge-cucumber sap are still in use in Japan. It is known to be good for soothing sunburned skin.



**Nightingale droppings:** As unusual as it may sound, the droppings of nightingales were popular among geisha and kabuki theater actors during the Edo Period for smoothing and brightening skin. The droppings contain an enzyme that breaks down proteins and oils, helping to gently remove unwanted agents deep in the skin. Even now, nightingale droppings are used in skincare products to improve dull and pimple-prone skin.

For shiny hair and smooth skin, I recommend eating and sleeping well. It is important to consume nutritious, balanced foods that your body craves. In particular protein is crucial for hair, so it's not recommended to avoid eating meat and fish for weight loss. Also, please don't forget to take care of your mind and body at the same time. I try to stay smiling all the time, too!

**Myo Amibara** *Hair by Myo*  
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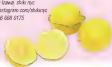
I regularly eat skin blemishes by adding them to smoothies. As an eyelash extension stylist, I spend long hours working on meticulous and laborious treatments, and my eyes are usually tired after work. Skin blemishes contain more antioxidants than blackberries, and help ease my eyes fatigue. Also has anti-aging components, so I drink smoothies for my skin as well.

**Denise Moore**, *LOHAS (ASH)*  
TEL: 645-638-7426  
www.lohasash.com



I make lemon water and drink it every day. Wash 1-2 organic lemons thoroughly, thinly slice them and soak the slices in a liter of mineral water for about one hour. Keep at room temperature and drink it just like water. I recommend drinking all the lemon water in one day. Lemon is rich in vitamin C, citric acid and lemon polyphenol, helping you detox, preserve your beautiful skin and combat fatigue.

**Misako Izawa**, *skin NYC*  
www.instagram.com/skinyqc  
TEL: 846-888-8175



I make it a rule to exercise at the gym every day, and I recommend you do that too. It doesn't have to be a gym workout, but try any sports you like. Exercise helps improve your metabolism and simply makes you feel refreshed. I also try to eat fish more because fish has Omega 3 fatty acids such as EPA and DHA, which are known to control cholesterol and be effective in anti-aging and promoting health and beauty. I like sashimi and mackerel!

**Nashide Kinosawa**, *PG-C Salon*  
www.pg-csalon.com  
TEL: 212-629-0355



For those who suffer from pimples, I recommend a gentle yet thorough cleansing and proper moisturizing. First, lather up soap or any cleansing product very well until soft peaks form. Wash well on your T-zone and wash gently on your cheeks. Don't forget to wash your face line, chin and around the mouth area. Rinse well with lukewarm water. Use an abundance of non-comedogenic moisturizing lotion to not only moisturize, but also control excessive sebum. I use NOV brand ([www.sciencenut.net/brand/nov](http://www.sciencenut.net/brand/nov)), which was developed for pimple skin.

**Nashide Kinosawa**, *USA*  
www.sciencenut.net

Decreasing coffee, dark teas or red wine can help your teeth stay white and quitting smoking is good for both your health as well as keeping your teeth free of tobacco stains. If you MUST drink coffee or tea, like most New Yorkers, you can drink it through a straw. The most popular drink that will never stain your teeth is water but as the weather gets warmer, iced coffee tastes wonderful. Just make sure you're mixing with water afterwards. If you cannot do that, you can always chew a sugarless whitening gum to help get rid of the stains. Eating raw hard fruits or vegetables can also help clean your teeth. Apples, carrots, and celery are all great examples of healthy teeth cleaning foods.

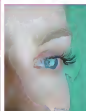
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[watercolordental.com](http://watercolordental.com)  
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Mon-Fri: 9 am-7 pm, Sat: 9 am-2 pm



# KAWAII in New York

By Julie Szabo

## It's a Cute Month for a Kawaii Wedding

Juno is wedding season! If you're tying the knot, incorporating kawaii elements into the big day will make beautiful memories for you and all your guests — and beautiful photographs to treasure for a lifetime.



For the stunning bride: a forest of sakaki blossoms and a path to flower crown Photo: Maddy-Helene/Blackie Apertures Photo: Melissa Graham Flower design: Budget Vases Direct DayBrides

A flower crown is quite kawaii. This one, made of fragrant pansies, is a creation of floral designer Bridget Vosses, whose Brooklyn atelier — pictured during sakaki season — is a destination for nuptially-minded New Yorkers. The bride can wear her flower crown by itself, or combine it with a traditional veil for a poetic, traditional look. [BridgetVosses.com](http://BridgetVosses.com)

Traditionally, Japanese brides and grooms wear kimono, and The Kimono House offers an amazing array of options, from new to vintage. If you don't want to go "all the way" with a traditional Japanese costume, it's fun to mix kimono details with wedding wear. How about substituting a beaded cummerbund with a vintage one, or accessorizing your white wedding gown with a colorful, vintage cash? [TheKimonoHouse.com](http://TheKimonoHouse.com)

Dogs are the very definition of kawaii. More and more couples are including their best dog friends in the wedding ceremony. So why not have matrimonial stationery printed that proclaims puppy love?

Ask Aunt Suzie is the go-to stationery specialist with expertise in designing chic custom papers. Founder Suzanne Eagle designs everything from invitations to thank you cards to menus, and she's so exclusive, she hasn't got a web site, to get in touch, call 516-691-8334 or email [SuzanneEagle@gmail.com](mailto:SuzanneEagle@gmail.com)



**Julie Szabo** Author and trend expert Julie Szabo has covered culture and style for *The New York Times*, *Time*, *Vice*, and *Vogue*, among others. Follow her on Instagram: [officialtrendchange/](https://www.instagram.com/officialtrendchange/)

Illustration by Emma Jones

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**JAPANESE  
GRANDMA'S  
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# MONO-logue

"Mono" means "thing," "object," or "product" in Japanese, but it also implies that the thing has quality. In this corner, we introduce "mono" that characterize Japan's spirit of constant quality improvement.

## Vol. 59 - MONO of the month

### Mirai Clinical Persimmon Soap

Body odor is just a natural part of being human. But so has been the aspiration to do something about it, at least dating back to when we realized we could try to scrub our bodies, apply deodorant, cover with perfumes, and much more, yet we haven't seen a great deal of advancement in rethinking how to better suppress the potential pungency of our bodies. But a young upstart company called Mirai Clinical has developed an entirely new product using a time old skin-care ingredient in Japan—Persimmons.

Mirai Clinical is the brainchild of Koko Hayashi, the company's Founder and CEO. Ms. Hayashi was educated in Japan and received her MBA in Hong Kong before earning a degree from Comité International d'Esthétique et de Cosmétologie (CIECSC), which is the foremost institution specialising in aesthetics. In a few short years, Mirai Clinical has grown exponentially, becoming the first USA-based company to receive membership to the prestigious Japanese Cosmetic Center in 2015. This year, Mirai (which means "future" in Japanese) products, including the Persimmon Soap, were selected to be included in the gift bag for winners at the 2016 Academy Awards.

Persimmons have been a traditional "beauty secret" for Japanese *gissha* for generations, and this is where Mirai Clinical found its inspiration. By experimenting with Persimmon extract, the company was able to formulate a simple yet effective soap that was equally soft and gentle on the skin as it is good at eliminating sweat, grain and foot odors. The extract is loaded with vitamins, and is a natural antiseptic, and is highly effective in dissolving the oils and bacteria that cause odors. The soap also uses green tea extract, which is full of antioxidants, and aids in the elimination of odors. Because the locally sourced, organic

ingredients are so sensitive, the soap is still made by hand at a soap mill in Osaka, Japan.

One place where the Persimmon soap absolutely excels is in dealing with the "old people smell" phenomenon. Recent discoveries have pointed to a substance called "Nanemol", which is produced from the sebaceous gland during menopause. With changing hormone levels in the body resulting in the release of more oil, combined with the decreasing antioxidant protection of aging skin, the smell of Nanemol is stronger and much more distinct. Usually impervious to conventional soaps and body washes, it's only the Persimmon extract that can dissolve it and effectively neutralize this particular smell.

"Persimmon has been used for eliminating odors for centuries in Japan. Persimmon tannins have a lot more condensed tannin which has higher ability for deodorizing than that of other fruits or vegetables," said Christine Brennan, Science Advisory Doctor of Mirai Clinical. "The Persimmon tannins are more effective across the board for smells, but with Nanemol, the persimmon eliminates almost 50%. No other soap currently has over a 40% effective rate. And best of all, the soap does not contain any harmful chemicals, so the skin stays naturally soft and silky."

Currently, the soap is available online on the Mirai Clinical website, as well as several other vendors. But if body odor is a concern, there is no reason not to seek it out. And while Nanemol may still be new to our lexicon, what a problem has clearly been identified, having an effective solution at the ready is something you—and those around you—will appreciate.

Info: [www.miraiclinical.com](http://www.miraiclinical.com)



Persimmons are delicious to eat. Persimmon soap is not meant to be eaten. But it will make you smell delicious.



The diversity and purity of the soap is immediately noticeable. No strong additives or synthetic ingredients allow.

It's easier for everyone start washing your skin better. Wash your skin into your daily routine and stop worrying about body odor.









# VEGETABLE AND GRAIN DISHES THAT JAPANESE LOVE

## Versatile Veggie and Grain Preparation Styles

Although Japanese people are not typically vegetarians, they traditionally eat many vegetables and grains. *Ghutsu* (simmered vegetables seasoned with dashi broth), *suisho* (simmered vegetables served in a sauce), *tsukemono* (pickled vegetables), and *tofu* dishes are all staples in Japanese cuisine. Here, we'll learn how to incorporate more vegetables and grains into our diet using a Japanese approach.

One of the Japanese secrets to enjoying vegetables and grains is using a variety of preparation styles. Take soybeans, for example. Simmering shelled soybeans is a common preparation method, but Japanese go one step further: They ferment the simmered soybeans and eat it as *misu*, which has even more nutritional value. Edamame, a staple of *sukiyaki* (Japanese braise), consists of steamed or boiled soybeans in their pods. *Miso gusa* is also a soybean product. Grinding dried soybeans creates *kinako*, which is usually used as a coating for *tempura*. *Kanaka* can also be mixed into drinks. *Yuba* is the *tofu* skin skinned off the top of simmering soy milk. It has a delicate texture and flavor and is available in dried and fresh forms.

Made of soybeans, *tofu* has been a great source of protein for Japanese for centuries. The easiest ways

to try it are as *hiyayakko* (cold *tofu* topped with your choice of garnishes and seasonings) and *yudofu* (warmed *tofu* topped with a soy-based sauce and condiments). You can also put cubes of *tofu* in *misu* soup. Firm *tofu* is a perfect meat substitute and can be eaten or simmered in dishes. If you don't mind a little more labor, squeeze out the excess water from a block of *tofu*, smash it to a paste, season it to your taste with soy sauce and sugar or miso, and use it as a dressing for *avocado*. *Aburage*, made by deep-frying thinly sliced *tofu*, is another protein source and is served, fried, and toasted to add body to dishes. The most notable *aburage* dish is *anarukashi*, which is simmered *aburage* stuffed with sushi rice.

## A Culture of Pickling

Japan also has an extensive pickling culture. While pickling with vinegar is popular here in the States, pickling in *brine* is commonly done with salt and *ruka* (rice brine paste). This resulting pickles vary according to the way the vegetables are cut, the amount of time they are pickled, and the accentuating ingredients—such as citrus rinds, seaweed, and pepper—that are added. *Nabunake*, made by pickling vegetables in a bed of *ruka* with fermenting agents, has less sodium and more umami than a typical American pickle. In Japan, people pickle vegetables with vinegar, *shio* (unfermented rice salt), *kasa* (pickle brine), *miso*, and *kanaka* (Japanese mustard).

Today, *asanasu* is getting more popular. Literally meaning "light pickles," the pickling time for these pickles is shorter than that of the typical Japanese pickle—usually one night—and accordingly vegetables absorb less sodium from the pickling agents. Since the pickling time is shorter, *asanasu* pickles retain the freshness of the vegetable, and people enjoy *asanasu* as they would a salad. More and more Japanese restaurants in New York serve *asanasu* today.

## The Power of Seaweed

Surrounded by water, Japan has an abundance of seaweed. Not surprisingly, it is a staple ingredient in Japanese cooking. *Wakame* (young, leafy seaweed) is a common topping for *misu* soup, which is enjoyed by Japanese people almost every day. Fermented *kojiko* (dark brown seaweed) is a popular side dish with *gohan* (cooked rice) and *sake*, and *noru* (paper-thin, dried seaweed) is indispensable in making *sushi* rolls. Most important, *konbu* is one of the main ingredients in *dashi* (broth).



*Tofu* dishes are clearly related to *aburage* (tofu cannot be eaten raw), which has heavily influenced Japanese food culture.

## ENJOY JAPANESE VEGETABLE DISHES IN NEW YORK

You can easily find vegetable dishes in Japanese restaurants, but some of them have a particular focus on vegetables. **Kajitani** (325 E. 33rd St., NYC, [kajitani-ny.com](http://kajitani-ny.com)) serves dishes based on shoyu *ryu*. **Yu Yu Ryu** is a pop-up lunch spot near **Sakana Dining Bar** (24 Greenwich Ave., NYC, [sakana-ny.com](http://sakana-ny.com)) offers authentic, single-meal dishes that have been enjoyed in Japan for centuries. Its offerings are naturally vegetable centered. Long-standing *wasabi* restaurant **Susuna** (326 E. 6th St., NYC, [susuna.net](http://susuna.net)) also serves well-balanced vegetable and grain *buddha* dishes. A new *bento* ordering company, **shiki NYC** (TEL: 646-685-0175) delivers healthy meals made with carefully selected seasonal ingredients (vegetarian *bento*s are available upon request). **Wa Japanese Grill** (120 Essex St., NYC, [japanesegrill.com](http://japanesegrill.com)) offers assorted *buddha* dishes, mostly veggie and vegetarian.

# 12 VEGETABLE RAMEN YOU SHOULD TRY!

## VEGETABLE DASHI RAMEN

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## YASAI RAMEN

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**Hot-Chili Ramen** 240 E. 53rd St., New York, NY 10022  
TEL: 212-613-1868 | [www.bitchramen.com](http://www.bitchramen.com)

## VEGETABLE RAMEN

914



Topped with an abundance of fresh, crisp vegetables including carrots, asparagus, shiitake mushrooms, and tofu for protein, it highlights light and healthy taste with a splash of soy sauce.

**Hot-Chili Ramen** 125 University Pl., New York, NY 10003  
TEL: 212-677-3436 | [www.chilaramen.com](http://www.chilaramen.com)

## MATCHA RAMEN

915



Matcha for ramen? Yes, healthy matcha powder goes in a blend into ramen with broth and it's super simple! It's a healthy, healthy, healthy.

**Matcha Ramen** 744 1st Ave., New York, NY 10017  
TEL: 212-658-1784 | [www.matcharamen.com](http://www.matcharamen.com)

## VEGGIE RAMEN

915



Hidden behind seasonal fresh vegetables including cauliflower, broccoli, corn and kale are healthy sprouts and noodles. A medley of vegetables will make you feel more than full.

**Matcha Ramen** 2034 Broadway, New York, NY 10023  
TEL: 212-222-0228 | [www.matcharamen.com](http://www.matcharamen.com)

## VEGGIE RAMEN

915



One who made ramen completely different with bean sprouts, asparagus, bok choy, sprouts, kale, green onions, shiitake mushrooms, lettuce and corn.

**Matcha Ramen** 7 Cornelia St., New York, NY 10014  
TEL: 212-677-0500 | [www.sandwichramen.com](http://www.sandwichramen.com)

## VEGETABLE RAMEN

915



Vegetable bowl with a lot of miso paste goes in harmony with the clean and crisp lines of the bowl, including green onions, corn, soy choy, bean sprouts, lettuce, and asparagus.

**Hot-Chili Ramen** 18 Anderson St., New Rochelle, NY 10801-1158 | [www.hotchilaramen.com](http://www.hotchilaramen.com)

## VEGAN RAMEN

910



Amazing balance of unconventional toppings and exquisite soy sauce made from a variety of vegetables! The one who adjust the flavor with dashi on the side.

**Matcha Ramen** 32 West St., Brooklyn, NY 11201-0555-7775  
[www.bitchramen.com](http://www.bitchramen.com) | [www.bitchramen.com](http://www.bitchramen.com)

## VEGETABLE RAMEN

915



Available with either soy sauce. Grilled vegetable, steamed vegetable, it has a rich, meaty complex hearty broth that one might expect for a vegetable-only dish.

**Hot-Chili Ramen** 42 13 Broadway, Queens, NY 11357-0028 | [www.bitchramen.com](http://www.bitchramen.com)

## TAMARI MISO RAMEN

915.50



This miso-based ramen highlights warming miso and sesame soup. Crisp lines with napa cabbage, burdock, carrots, kimchi, organic peas and lentils.

**Hot-Chili Ramen** 18 Anderson St., New Rochelle, NY 10801-1158 | [www.hotchilaramen.com](http://www.hotchilaramen.com)

## VEGETABLE RAMEN

912



Featuring an abundance of seasonal vegetables. Tasty vegetable and miso-based ramen with organic friendly broth made with seasonal and shiitake mushrooms.

**Hot-Chili Ramen** 18 Anderson St., New York, NY 10022  
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## VEGETABLE MISO RAMEN

915



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# “WA”

## Cooking

“Wa” means “harmony” and “balance” in Japanese and also signifies “Japan” in this cooking corner. **Chopsticks NY** introduces Japanese dishes that are harmonious with our everyday life in the U.S. Each month we share one recipe alternating between Sweets, Savory and Fusion categories. In the month of June, we feature asparagus and shrimp dressed with flavorful and tangy umeboshi (pickled plum) sauce.



Recipe courtesy  
Mitsue Sano  
JapaneseCuisineNY@Yahoo.com  
Cooking@chopsticksny.com

### Savory

## Asparagus and Shrimp with Umeboshi Sauce



Umeboshi (pickled plum) is a staple Japanese ingredient. It has an antibacterial ability that keeps food safe and refreshing, making it perfect for a warm day treat in both taste and hygiene. The bright green asparagus and pale orange shrimp also bring a summer feel.

#### Ingredients (Serves 4)

- 1 bunch asparagus (about 1lb)
- 10 medium shrimp, cleaned and deveined
- 4-5 umeboshi (pickled plum)
- 1 1/2 tbsp oil
- 1 tsp miso

#### Direct cook

1. Put sake and miso in a small pot, and bring it to a boil.
2. Turn off heat and set it aside.
3. Gashed the tough bottom of asparagus by bending it until the tough part breaks off.
4. With peeler, peel the skin off the end of asparagus.
5. Cut asparagus into 1 inch long pieces.
6. Boil water in a pot and then add some salt. Add asparagus and boil for 1 minute.
7. Immediately drain the asparagus and put into an ice bath.
8. Drain the asparagus and set it aside.
9. Take out the pot from the umeboshi (pickled plum) and miso then wash with kado until they turn into a paste.
10. Mix the paste with sake and miso and mix well.
11. Put shrimp, asparagus and the umeboshi mixture in a bowl, and mix well.
12. Serve in an individual bowl or plate.



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## Japanese Restaurant Review

**Roc N Ramen 914**  
**Go!Go!CURRY! East 53rd**  
**Zurutto**

## Mixology Lab

Sesame Strawberry Cucumber  
 Cocktail Julep Style  
 with Beniotome Shochu

## Listings

## Japanese Restaurant

## Roc N Ramen 914

18 Anderson St. (bet. North Ave. & Leonard Pk.) New Rochelle, NY 10801  
 TEL: 914-365-7100 | [rocramen914.com](http://rocramen914.com)  
 Mon-Tue: 12-10 pm Fr-Sat: 12-11 pm Sun: 1-10 pm

What is the future of ramen? It turns out, you can find it at Roc N Ramen 914, where chef-owner Wayne Carrington has found the answer to this question, drawing on the culinary influences of his West Indian culture. In so that unexpected pioneer giving ramen dishes a surprising shot at the inn. Hearty ramen dishes like Oatmeal, Jack Chicken, and Rib Tips will reimagine even the most seasoned, and certainly the slightly fatigued, ramen fans. Chef Carrington's tonkatsu broth — which he perfected on his own over two years — is silky and delicious. When combined with his corned and Jack spiced, tender meats and toppings, every one of his bowls is not only an elevation, but also a revelation in flavor. His choice of noodles (provided by Sun Wookies), is even thicker than the typical Tokyo grade, and is the ideal complement to the rich soup. Beautifully soft boiled eggs, generous servings of corn and menma (bamboo shoots) — all recognizable staples of ramen — are dutifully presented and perfectly executed. Located in New Rochelle, this is a destination that is already racking up accolades after less than two years in business — most recently it earned a "Best Ramen" award from *Wadsworth Magazine*. Welcome to the Next Wave.



The incredible Oatmeal Curry is the left will transport you to the Caribbean by way of Tokyo.



Take the Chef's two-year labor of love that is this wonderful tonkatsu broth.



Don't forget to add a variety of the past buns. This special sauce will be loved anywhere else.



The perfect place for a date, a family or even a group party.



Chef Carrington explains a friendly and vibrant presence.

## 3 Best Sellers

• Oatmeal Ramen	\$17
• Jack Chicken Ramen	\$13
• Tonkatsu Ramen	\$13



## Go!Go!CURRY! East 53rd

2861 53rd St. (bet. 2nd & 3rd Aves.) | New York, NY 10022  
 www.go-go-curry.com  
 Mon-Sun, 12:00 pm - 3:30 pm

NEW!

Midtown East now boasts its own Go!Go!CURRY!, the south location since the phenomenon took the U.S. by storm. The name of this Japan-based chain plays on the number 5 ("go" being 5 in Japanese), and designates the 5th, 15th, and 25th of each month as Go! Go! Days when you can receive a free topping coupon when ordering curry. Japanese curries are different from Indian, Thai or other familiar types in that it is less spicy and richer in texture. At Go!Go!CURRY!, the rice is particularly thick and the original sauce poured on top adds to the unique contrast. They are very selective about the ingredients used. Rice is the highest quality Koshihikari, cabbage is hand shredded, chicken is only white meat and pork is cut to retain the lean portion with only a little bit of fat. Frying does not begin until onions are placed, and the original black, gyoey-style curry that has been cooked through 35 preparation steps is served in Go!Go!CURRY!'s signature steel plates. Go!Go!CURRY! uses a baseball theme to categorize its curry plates which range from walk, single, double to triple. Large portions are provided at a reasonable price. Why not try this Japanese comfort food for yourself?

Go!Go!CURRY! has a lot to offer. Go!Go!CURRY! has the best deal and features the chicken sauer, premium rice and hand-shredded cabbage in dishes and bowls for.



The Aomori Curry is a dish with curry, chicken, and toppings, but there's nothing special about it. It should get the Award of Honor with all toppings.



It's hard to find a good curry in New York City, but Go!Go!CURRY! is a great place to try it.



## Zurutto

112 W. 3rd St. (bet. Amsterdam & Columbus Aves.) | New York, NY 10023  
 TEL: 311-496-6822  
 Mon-Sat 4:30-11 pm Sun 5:00-6 pm

NEW!

Ramen and gyoza bar Zurutto is a new addition to the Upper West Side that has already become a neighborhood fixture. Co-owner Takumi Ito, formerly the manager of Nite-Chan Ramen, offers a casual restaurant with high quality, reasonably priced food and drink. Menu items may seem to be typical Japanese food, but Ito has incorporated twists to make them appeal more to a Western audience. For example, one of the handmade gyoza favors is cheese, and the miso soup is served with miso and gyoza-like. The chicken-broth ramen (Zurutto Miso Spicy Zurutto) are cooked for seven hours, and red and green apples are added to make them taste sweeter. Ito thought this fruit-enhanced broth would appeal to Americans. Aside from ramen and gyoza, other popular dishes include the specials Okonomiyaki and Kobe Beef Burger. Its maintains a strict no take-out/delivery policy as he prefers that customers experience the food's freshness while enjoying the restaurant's atmosphere. Each bowl of ramen is made to order, and toppings such as fried onions, bean sprouts and cabbage are cooked separately in chicken broth, bonito stock, fat, and original miso. The noodles are then put in, allowing them to blend with the broth for a smooth, rich finish before the final toppings are added.



The signature Aomori Miso Ramen contains miso, chicken, beef, pork, and pork. It's a great place to try it. The ramen is made to order, and the toppings are cooked separately in chicken broth, bonito stock, fat, and original miso.



Zurutto's food is made to order, and the toppings are cooked separately in chicken broth, bonito stock, fat, and original miso.

## 3 Best Sellers

- **Katsu (pork) Curry** \$7/67 50/68 50/69 50
- **Home Run Curry** 88 50
- **Chicken Katsu Curry** \$7/57 50/58 50/59 50

## 3 Best Sellers

- **Zurutto Miso Ramen** \$12
- **Vegetable Miso Ramen** \$15
- **Handmade Gyoza** \$6-7



[illegible]

**KATSU-HAMA 55th St.**

**NEW KATSU-HAMA**  
**Bento** with miso soup & dessert

**Special Price \$21.99**

Enjoy plenty of seafood and our signature kushikatsu!



**KATSU-HAMA**  
**Burger**  
 with soup

**\$12.50**



**HAPPY HOUR**  
 4-7 pm  
 Draft Beer(12oz)+  
 You can choose  
 one of three  
 appetizers

**KATSU-HAMA 55th St.**  
 43 W. 55th St. (bet. 5th & 6th Aves.) 212-541-7145

**Salisbury\***  
Largest take-out in the world  
over 200 years old  
serving up Salisbury steak and  
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steak is a perfect breakfast. It's also just as healthy.  
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200 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Soba TBTTO**  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Sushi Yae\***  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Sushi Aka**  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Sushi Aka\***  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**TERAKO BOY**  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**TOMI JAZZ**  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Tateiwa E. Saito**  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**West Union Izakaya**  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Yokosuka Gin\***  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Korea Town**  
**Ichu Umi Restaurant\***  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Isakaya MDW\***  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Kiyokage**  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Chelsea**  
**AA Ichikawa Sushi**  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Agave Ramen\***  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Azalea Sushi\***  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Chopz napp\***  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**GOT GOT CURE\***  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Hinomoto Cafe\***  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Kiko Sash\***  
212 E. 10th St. 2nd Fl. 100-3011  
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**Master Sushi\***  
212 E. 10th St. 2nd Fl. 100-3011  
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**MORIMOTO**  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Donya Chikara**  
212 E. 10th St. 2nd Fl. 100-3011  
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**Yokosuka Futaba**  
212 E. 10th St. 2nd Fl. 100-3011  
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**Gramercy**  
**Chick\***  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Korean Sushi East\***  
212 E. 10th St. 2nd Fl. 100-3011  
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**Mishimi\***  
212 E. 10th St. 2nd Fl. 100-3011  
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**Musakura**  
212 E. 10th St. 2nd Fl. 100-3011  
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**Sakari**  
212 E. 10th St. 2nd Fl. 100-3011  
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**West Village**  
**Chia Chia Sui\***  
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**Deja Restaurant\***  
212 E. 10th St. 2nd Fl. 100-3011  
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**EN Japanese Empanada**  
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**GOT GOT CURE\***  
212 E. 10th St. 2nd Fl. 100-3011  
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**Hakata Tessen\***  
212 E. 10th St. 2nd Fl. 100-3011  
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**Moku\***  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Ramen Takara\***  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Ramen-Ya West 2nd**  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Ramen-Ya West 9th**  
212 E. 10th St. 2nd Fl. 100-3011  
212-724-1111

**Reckon\***  
212 E. 10th St. 2nd Fl. 100-3011  
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**Sakari**  
212 E. 10th St. 2nd Fl. 100-3011  
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**Sense Restaurant\***  
212 E. 10th St. 2nd Fl. 100-3011  
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**Udon Sling\***  
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**SHINYA SHOKUDOU**  
MIDNIGHT DINER  
**Midnight Curry #12**  
OPEN 12:30 AM - 4:30 AM  
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**Aburiya Set**  
\$30 (Lunch)  
\$30 (Dinner)  
**Aburiya Kinnosuke**  
213 E. 45th St. NYC (212) 467-5454  
www.aburiyakinnosuke.com

## East Village

**East Village** **Green Broom**  
103 1st Ave. (bet 1st & 2nd Ave.)  
212-477-1005

**East Village** **Cho-An**  
Serving a wide variety of food from China, Japan and Indo as well as any food you can think of. Special Sat for lunch or dinner.

110 W 11th St. (bet 1st & 2nd Ave.)  
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www.choanrestaurant.com

**East Village** **Cho-An Restaurant**  
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**East Village** **Curry-Yu**  
Fast finger food and deliciously hot delicious Curry-Yu. Japanese/South Asian style curry with rice, vegetables, meat and is served with a bowl of rice. Curry-Yu is served with a bowl of rice.

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www.curry-yu.com

**East Village** **Queso**  
201 E. 10th St. (bet 1st & 2nd Ave.)  
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**East Village** **Gyo-Kaku\***  
36 Goggin St. (bet 1st & 2nd Ave.)  
212-477-1005

**East Village** **Hokuto Hot Pot**  
50 1st Ave. (bet 1st & 2nd Ave.)  
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**East Village** **Hezaki\***  
201 E. 10th St. (bet 1st & 2nd Ave.)  
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**East Village** **Hi-Galler**  
214 E. 10th St. (bet 1st & 2nd Ave.)  
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**East Village** **Ichu\***  
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**East Village** **IPPUDO NY**  
41 W 11th St. (bet 1st & 2nd Ave.)  
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**East Village** **IBAN Sushir\***  
212 10th St. (bet 1st & 2nd Ave.)  
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**East Village** **Isakaya**  
201 W 11th St. (bet 1st & 2nd Ave.)  
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**East Village** **JEWEL BAR**  
201 E. 10th St. (bet 1st & 2nd Ave.)  
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**East Village** **Kanai Ramen House\***  
201 E. 10th St. (bet 1st & 2nd Ave.)  
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**East Village** **Kanai\***  
212 10th St. (bet 1st & 2nd Ave.)  
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**East Village** **Kyo Yu**  
41 W 11th St. (bet 1st & 2nd Ave.)  
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**East Village** **Ming's Peking Duck**  
212 10th St. (bet 1st & 2nd Ave.)  
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**East Village** **MINCA**  
201 E. 10th St. (bet 1st & 2nd Ave.)  
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**East Village** **Oni Tachikawa\***  
41 W 11th St. (bet 1st & 2nd Ave.)  
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**East Village** **Onizuka Himekatsu\***  
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**East Village** **Otoko's Ramen & Sake**  
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**East Village** **Red Hot Kim\***  
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**East Village** **Ramen Miso New York**  
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**TABATA RAMEN**

540 9th Ave. (30th & 40th Sts.) 212-290-7691  
557 9th Ave. (37th & 38th Sts.) 212-455-2415



**Lunch Time Special**  
**Bara Chirashi Set** \$10  
Served with hot air  
cold Soba noodles  
and appetizing  
seasoned rice & soy sauce

**Soba Totto**  
110 W 11th St. (bet 1st & 2nd Ave.)  
212-477-1005



**Spicy Tantan Cold Ramen** \$14.50  
ORGANIC CHICKEN BROTH RAMEN  
NO MSG - EVERYTHING HOMEMADE

**hinata**  
159 E. 53rd St. (bet 1st & 2nd Ave.)  
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**East Village** **Sake Bar Seaside**  
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 212-693-2233

**East Village** **Shiro-Tatsu\***  
 240 E. 10th St. (bet 1st & 2nd Ave.)  
 212-477-7572

**East Village** **Sakushi\***  
 300 E. 10th St. (bet 1st & 2nd Ave.)  
 212-693-2233

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 200 E. 19th St. (bet 1st & 2nd Ave.)  
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 866-452-8381

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 Making sashimi by hand/selection  
 Japanese by traditional food  
 prepared from Japan. All natural  
 ingredients made with locally  
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 212-693-2233

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 212-693-2233

**East Village** **TSANGSITON\***  
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 212-693-2233

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**East Village** **Umeko**  
  
 Umeko is a Japanese restaurant  
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 with a wide selection of sashimi  
 and sushi. Umeko is a  
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**East Village** **Umeko**  
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**Lower Manhattan**  
**Lower Man** **Ajisen Ramen\***  
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**WE'RE NOW OPEN FOR BRUNCH**

**Sat & Sun 3-6pm**

**Only \$9.95**

**Early Bird Special**  
 Mon-Fri 5-8pm  
 Set & Set 3-6pm  
 Short rib, White rice, Vego  
 Soup or Salad, and Ice Cream

**Happy Hour**  
 Mon-Fri 5-7pm  
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 Egan Draft Beer \$2.50  
 Pilsner \$2.50  
 Large Hot Sake \$8.00

**YAKINIKU WEST**  
 218 E. 9th St.  
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**Spicy Ajisen Ramen**



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**NOW OPEN SUNDAY LUNCH!**

**Free Topping Mon & Tues Lunch**

**Free Extra Noodles Fri 12am-4am**

**HAPPY HOUR!**

**Appetizers & Alcohol Half Price**  
 Mon-Fri, 4-6pm

**HIDE-CHAN RAMEN**  
 248 E 62nd St 2nd Fl (bet 2nd & 3rd Ave) 212-613-1800

## Tribeca

[illegible]

<b>Soho</b>	<b>Hinokisa</b>
101 Thompson St. (at Nassau & Spring St.)	215 529-1011
214-215-1011	
<b>Soho</b>	<b>Hinokisa's Place</b>
111 Thompson St. (at Nassau & Spring St.)	215 529-1011
214-215-1011	
<b>Soho</b>	<b>Omnia</b>
101 Thompson St. (at Nassau & Spring St.)	215 529-1011
214-215-1011	
<b>Soho</b>	<b>Savoy Soho*</b>
214 Thompson St. (at Nassau & Spring St.)	215 529-1011
214-215-1011	

## Brooklyn

<b>Brooklyn</b>	<b>1 or 2*</b>	
40 E 24th St (at Ridge St & Ave A)		
		\$12 (12-1)
<b>Brooklyn</b>	<b>Anti-Sex*</b>	
107 Mulhouse St (at 3rd St & N 4th St)		
		\$7 (12-1)
<b>Brooklyn</b>	<b>Born</b>	
294 5th Ave (at Pennimont & N 4th St)		
		\$10 (12-1)
<b>Brooklyn</b>	<b>Guide*</b>	
301 Bedford Ave (at Ave C & Prospect St)		
		\$10 (12-1)
<b>Brooklyn</b>	<b>MtM Japanese Remover</b>	
123 Ave B (at Ave C & St)		
		\$20 (12-1)
<b>Brooklyn</b>	<b>LOKAPA on SMITH</b>	
101 Smith St (at Bedford & Ave C St)		
		\$20 (12-1)
<b>Brooklyn</b>	<b>Mix</b>	
121 Bedford Ave (at Ave C & St)		
		\$10 (12-1)
<b>Brooklyn</b>	<b>Norato Ramen</b>	
200 3rd Ave (at 1st St & N 3rd St)		
		\$7 (12-1)
<b>Brooklyn</b>	<b>Okunoy</b>	
101 3rd Ave (at 1st St & Ave C St)		
		\$10 (12-1)

<b>Brooklyn</b>	<b>OZZ</b>	
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<b>Brooklyn</b>	<b>SALT + CHARCOAL</b>	
191 Duane St. (at Bedford Ave.) 718-730-0077		
<b>Brooklyn</b>	<b>Somerset Papa</b>	
Top restaurant chain in Somerset, Pa. is now in Atlantic City. Open 11 a.m. to 11 p.m.		

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<b>Current</b>	<b>Nikato-Japanese Restaurant</b>	
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704-261-5150		
<b>Current</b>	<b>Monomama Kamasu</b>	
30-31 Service Blvd. Atlanta, GA 30305	904/455-1111	2000
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<b>Current</b>	<b>KAISAWA*</b>	
120-01 MacArthur Blvd. Suite 1000, Miami, FL 33154	305/421-2200	2000
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# A Decade of Authentic Japanese Sushi in Midtown



Sushi Tsushima regularly composes beautiful displays of sushi for every occasion. Take, for example, their special New Year's bento set, which resembled an array of ten treasures. Absolute perfection.



The table setting is recommended for the on-premise business experience with Chef Tsushima.



The main room offers a variety of seating including private dining, perfect for a small gathering or a romantic date.



Facing money? Tip the waiters for where you can read some often-faded regulars over a cold beer or wine.

When it comes to sushi, New Yorkers are incredibly fortunate. Authentic restaurants, commended by Japanese chefs with unsurpassed experience are often just around the corner, take, for example, Sushi Tsushima, which has been a Midtown East staple for over a decade. Headed by Chef Tsugio Tsushima, this restaurant is a standout among diners seeking a genuine experience. And with fish from Japan's Tsukiji Market, delivered regularly by True World Foods, it's as close to eating in Japan that we can get.

A veteran of the New York City restaurant scene, Chef Tsushima opened his eponymous restaurant in 2005. In 2014, Sushi Tsushima moved to a more expansive space, cementing his vision for a restaurant that offers a trifecta of Japanese dining environs – an elegant, 8 seat sushi counter, a modern and lively izakaya bar, and the traditional, private Koshitsu (small room) style seating. It's no wonder that it attracts so many Japanese regulars, loyal businesspeople, and neighborhood residents. Sushi Tsushima is also open for lunch on Saturdays and Sundays.

The amount of focus and clarity that Chef Tsushima brings to his food is simply astonishing. Mouthwatering pieces of sushi and sashimi, from the ever-popular Maguro to Salmon, and summer staples like Aji (Spanish Mackerel) and Suzuki (Japanese Sea Bass) among many others are each served with flawless attention to detail. Nearly all of the fish is sourced from the finest areas of Japan, and then delivered to the restaurant in less than 24 hours. This service – Tsukiji Express – is entirely unique to True World Foods and one of the core services that sushi restaurants, in particular, rely on.

"I am continually impressed by how True World Foods builds upon its reputation and services year after year," remarked Chef Tsushima. "They set the industry standard, but then level up" to meet new benchmarks, whether it is in relation to the quality of the fish, the personal attention that we receive from our account managers, or the shipments that we can count on."

For True World Foods, the drive to continually raise the bar in part, comes from establishments like Sushi Tsushima. When a restaurant is committed to serving the highest quality sashimi and sushi, it is ultimately the diner that is treated to a meal that he or she may never forget – and that, for everyone involved, is priceless.

**Sushi Tsushima**  
210 E. 46th St., 2nd, 2nd & 3rd Aves., New York, NY 10017  
TEL: 212-2007-1536 / [www.tsushimanyc.com](http://www.tsushimanyc.com)



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Game	Keyed Seeds	Score
150 11 College Ave. Rating: 10 / 100		525 / 100
151 100 100 100		100 / 100
Game	UNIV Work (Shaw)	Score
20 10 University Rd. 10 / 100		100 / 100
100 100 100		100 / 100
Game	Wintu Saults	Score
100 100 100 100 100		100 / 100
100 100 100		100 / 100
Game	Oakle Saults	Score
100 100 100 100 100 100		100 / 100
100 100 100		100 / 100
Game	Pink Neri	Score
100 100 100 100 100 100		100 / 100
100 100 100		100 / 100
Game	Panna Oklaok	Score
100 100 100 100 100 100		100 / 100
100 100 100		100 / 100
Game	SUSAN ISLAND	Score
100 100 100 100 100 100		100 / 100
100 100 100		100 / 100
Game	Sault Neri	Score
100 100 100 100 100 100		100 / 100
100 100 100		100 / 100
Game	Takomaok	Score
100 100 100 100 100 100		100 / 100
100 100 100		100 / 100
Game	Wintu Saults	Score
100 100 100 100 100 100		100 / 100
100 100 100		100 / 100
Game	Udon West	Score
100 100 100 100 100 100		100 / 100
100 100 100		100 / 100

Customers		Waltham Sushi <sup>®</sup>
30 Waltham St., Apt. 5, N. H. 021	508-875-1111	10/1/94
770 S.W. 88th		10/1/94
<b>Long Island</b>		
Long Island Rd.	<b>Oceanview</b>	
1021 Mainland's Community, Winfield, NY		516-471-1111
541-223-4031		
Long Island Rd.	<b>Island Japanese Steak House</b>	
6 1/2 St. N. Hollywood, N. H. 030		603-881-2411
541-223-4031		
Long Island Rd.	<b>Kalium Restaurant<sup>®</sup></b>	
2010 Mainland Rd. Merrick, NY 030		516-223-4031
541-223-4031		
Long Island Rd.	<b>Katy's</b>	
141 Waltham St., N. H. 021		508-875-1111
541-223-4031		
Long Island Rd.	<b>Kawakawa<sup>®</sup></b>	
425 New York St., Merrick, NY 030		516-223-4031
541-223-4031		
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541-223-4031		
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12 1/2 St. N. Hollywood, N. H. 030		603-881-2411
541-223-4031		
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101 W 10th St. 1st Fl. 1st Fl. 1st

212.475.8825

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<b>Queens</b>	<b>Japan 30</b>
101 W 10th St. 1st Fl. 1st Fl. 1st	212.475.8825

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# Mixology Lab

Featured liquor is June is Benisato, sesame base shochu. Light yet mouthy aroma and flavor go perfectly with summery cocktails.



## Benisato

**Category:** Premium shochu **Origin of production:** Fukuoka Prefecture

**Base ingredients:** Sesame, barley, rice **Bottle size:** 750 ml

**Distillation style:** Genjaku (reduced pressure) distillation

**Features:** This award-winning sesame shochu boasts a mild taste with a hint of sesame aroma. Using local spring water and through low temperature fermentation and distillation, it grows into an elegant and well-balanced flavor. It can be enjoyed in any style, from straight to on-the-rocks, cut with water or mixed with juice. Great for accompanying meals and best paired with light seafood dishes and tofu dishes.

**Alcohol content:** 24% (48 proof)

Produced by Benisato Shuzo Co., Ltd.

Distributed by JFC International, Inc.

## Sesame Strawberry Cucumber Cocktail Julep Style

Cocktail recipe courtesy of Takaki Hashimoto of B Flat

Here comes the horse race season, which means it's the ice cold julep season. Takaki Hashimoto, mixologist of B Flat in Tribeca, has created a rose color julep style cocktail using sesame shochu, Benisato. "This shochu is less robust than sweet potato shochu while boasting a beautiful nutty, roasty aroma. Sesame, strawberry and cucumber complement each other in cooking, therefore they should in cocktails," says Mr. Hashimoto. By adding a dollop of sesame oil into the refreshing cocktail, its body is dramatically enhanced. "Add plenty of crushed ice and enjoy the summery, hearty drink!"

### Ingredients: Strain 1

- 2 strawberries (1 for mash, 1 for garnish)
- 6 cucumber slices (3 for mash, 3 for garnish)
- 3/4 lemon □ 1 oz rubarb syrup
- 1 1/2 oz Benisato □ 1/2 tsp sesame oil
- 1 dash rose water

### Directions:

1. Put 1 strawberry, 3 slices cucumber and lemon juice in a julep cup and mash them well.
2. Add rubarb syrup. 3. Gently pour Benisato and a few drops of sesame oil
4. Add plenty of crushed ice
5. Sprinkle rose water to serve



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## Chanko Nabe: Chunk O' Sumo



Talking to a sumo wrestler about his diet is juxtaposed to how we speak to Western celebrities. Rather than ask how they stay so thin, the main focus is, "What do you eat to stay so big?" Fortunately I had the opportunity to decode the secrets of the sumo wrestler's physique recently when I joined a special party at *Akasa*, a cozy neighborhood *izakaya* located on Manhattan's Lower East Side. *Kiyokatsu*, significant among sumo wrestlers for being the first wrestler since the 1950s to rank at the top of his division past the age of 40, stopped in at the tavern to host a chanko nabe-eating party.

As the Japanese stew was served right out of the *nabe* (nabe literally means pot), I quickly learned that chanko nabe is no chomp. As I discovered pretty quickly, the famous hot pot dish of the champion component in the sumo wrestler's bulk-up strategy. While there isn't an exact recipe, there are a few fixed rules that need to always be followed. First, the dish must be filled to the rim with protein. Second, the dish must contain a lot of vegetables, regardless of type. And that's really it. Everything else is up to the chef. It doesn't really matter what combination of meat, broth, and vegetables it is, as long as it follows these specific guidelines.

The chanko nabe I tried was miso-based, and I was

surprised at its mild and comfy taste, not too hot and very juicy. The chanko nabe's flavor actually can be changed depending on what's added to the broth: so things such as soy salt, and spicy lemons can create different tastes. Each sumo division actually has its own distinct chanko nabe. In the end, however, the power of the pot lies in the pounds it produces. And when it comes to the chanko table, the servers get first dibs. In a sumo stable, the highest-ranking wrestlers get first dibs while the lowest-ranking pick at whatever's left over.

Interestingly enough, very rarely is the meat of chanko nabe anything other than chicken. Finding pork, beef, or fish in your stew is extremely rare. There is a superstitious belief among sumo wrestlers that fish, cows, and pigs are considered to be bad luck, especially during tournaments, because unlike chicken, they don't stand on two feet like a proper sumo wrestler. To put your hands on the ground in a sumo match results in an instant loss! With chanko nabe, build up the strength of a sumo wrestler.

—Reported by Michael Goldstone

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As I sat down with the chanko nabe wrestler, Kiyokatsu, I learned of the significant attributes of the chanko nabe dish.



While chanko nabe has no fixed recipe, it normally includes chicken (meat), vegetables, baked chicken meat, and tofu.



This is considered to be an important vegetable, and chanko nabe because of the low amount of calories and large amount of protein it provides.



The chanko nabe pot is not only regarded as a party with a mild and comfy taste.



## School Guide

The following is a list of schools where you can learn Japanese culture.

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Japanese **CROSSWORD****Across**

1. Six is \_\_\_\_\_ in Japanese, since June is the sixth month of the year, it's called \_\_\_\_\_.

5. \_\_\_\_\_ means "name" by itself and is often used in compounds like \_\_\_\_\_ (name), \_\_\_\_\_ (nameplate), and \_\_\_\_\_ (address).

6. "You" in Japanese

8. Meaning "a danger," the noun \_\_\_\_\_ is also used in the ad-jjective \_\_\_\_\_ (dangerous).

10. \_\_\_\_\_ is "hell" in Japanese and is sometimes used to signify "land" as opposed to ocean.

12. The astrological sign for those born between May 22 and June 21 is \_\_\_\_\_ (Gemini), which is named after \_\_\_\_\_ (twins)-shaped stars.

14. There are 43 \_\_\_\_\_ (prefecture) in Japan.

15. An i-adjective meaning "anxiously"

**Down**

1. "Orchid" in Japanese

2. The astrological sign starting on June 22 is \_\_\_\_\_ (Cancer), named after \_\_\_\_\_ (crab)-shaped stars.

3. "Luck" in Japanese. "\_\_\_\_ go it" is a phrase meaning "lucky," and "\_\_\_\_ ga warai" means "unlucky."

4. Meaning "loath," \_\_\_\_\_ is often used in compounds like \_\_\_\_\_ (perfection), \_\_\_\_\_ (innocence), and \_\_\_\_\_ (completion).

7. A white, soft food item made from soybeans and usually available in soft, medium, and firm textures.

9. A verb meaning "to win"—since it sounds the same as \_\_\_\_\_ (ballet), Japanese eat outlets where they went to win something.

11. A type of illustration that has a long head and a long, slinky neck.

13. There are 28 \_\_\_\_\_ (words) in Tokyo.

16. The act of imitating something or impersonating someone is called \_\_\_\_\_ (sue) is the verb form.



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# Cheering Up Kyushu

Since April 14 (Japan local time), a series of huge earthquakes of up to 7.3 magnitude have hit Kyushu Island. The ongoing quakes have tremendously damaged the area. Although in New York, we live very far away from the devastated area, here at Chopsticks NY we wish to cheer up the people of Kyushu by appreciating Kyushu products and by contributing to the recovery of the local economy. So what comes from Kyushu? Here is a guide to Kyushu specialties.

Located in the southern part of Japan and consisting of seven prefectures (Fukuoka, Nagasaki, Saga, Kumamoto, Oita, Miyazaki, and Kagoshima), Kyushu island is blessed with a mild, warm climate, which makes it good for agriculture. Kyushu products taste greener than any other place in Japan, and Kagoshima, Miyazaki, and Fukuoka are particularly known for the size and quality of their production. When you are given tea in a grocery store, look at the back of the package and see if it comes from one of the prefectures in Kyushu.

Wagyu beef from Miyazaki Prefecture is esteemed in the US because of its superbly marbled meat. Since it's a premium beef, not all Japanese restaurants in New York City carry it, but you can always inquire. Also, some high-end non-Japanese restaurants might offer this beef. It's certainly a luxury treat!



Kyushu has other agricultural specialties, such as strawberries, barley, and sweet potatoes, but alas they are not available here in the States. They are used in products like shochu, sake, beer, and sweets, however, and some of those are available here. Also, Kyushu is the source of shabu, in terms of both its history as well as the amounts produced and consumed.

Kyushu is surrounded by ocean, so its seafood harvest is abundant. There are several *nagai* fish markets in Kyushu, and fresh seafood is shipped to the US almost every day. It might be hard to detect which fish is from Kyushu, but if you sit at an *omakase* counter in an upscale sushi restaurant, the sushi chef should be able to tell you what is from Kyushu. Speaking of sashimi, almost half of Japan's raw steamed sashimi is from Kyushu as well. By savoring these foods in New York, you may help the economy of Kyushu regain its power.

Finally, many of you who are reading this article might have had *tonkatsu* ramen (ramen with a cloudy, pork-based broth), which originated in Fukuoka Prefecture in Kyushu. Next time you try *tonkatsu* ramen, think about the victims in Kyushu and send positive thoughts to them for their recovery!



An absolute delicacy: Miyazaki wagyu beef meat in your mouth.

Kyushu is the major cotton production region.



## CRAFTS FROM KYUSHU

### Porcelain, Ceramic

Kyushu is one of the major porcelain and ceramic regions of Japan. **Arita-yaki**, **Inami-yaki**, and **Kanetsu-yaki** in Saga Prefecture, **Hakono-yaki** in Nagasaki Prefecture, and **Satsuma-yaki** in Kagoshima Prefecture are some of the notable types of regional pottery. Arita and Inami, in particular, are internationally known for their premium porcelain. Both Arita and Inami porcelain areas are available in the US. Arita Porcelain Lab, available online in the US, carries modern interpretations of traditional Arita crafts, resulting in a 200-year-old kiln.



Arita Porcelain Lab

<http://www.aritaporcelainlab.com>

### Cat Glass

During the Edo period (1603–1868), Kagoshima Prefecture, formerly called Satsuma, was governed by the powerful Shimazu clan, which were enthusiastic about introducing new ideas and techniques to help the local economy thrive. Toward the end of this period, a way to make colored crystal carved with geometric patterns was invented. This was the beginning of **Satsumo-ikada**, which might not be easy to find in the US but can be ordered from Japan.

### Textiles

There are silk farmers and silk fabricators that are unique to parts of Kyushu. Using geometric patterns called *hikate* in Fukuoka Prefecture, *hikate* on has been used for both male and female *obi* sashes. Due to its superb quality, a **Fukuoka-ori** silk *obi* was once a necessary item for every samurai during the Edo period. **Onuma-tenmoku**, a specialty of the small island of Oshima in Kagoshima Prefecture, is a silk fabric carved mainly for *kimono* and *medie* by hand weaving hand-spun silk threads. **Saga-uchida** from Saga Prefecture is a gorgeous *kimono* fabric woven with silk thread and gold leafed paper.

# 15 Years of Dedication to Asian Films

## New York Asian Film Festival (June 22-July 9)

*The New York Asian Film Festival (NYAFF) celebrates its 15th anniversary this year. Started in 2001 as a vehicle for die-hard fans of Asian films, it has grown into one of the major film festivals in New York, showcasing over 50 Asian films and attracting a wider audience. Co-curator, Samuel Javier talks about highlights of this year and the spirit behind the festival.*



**TWISTED JUSTICE**, directed by Kazuo Shiroishi  
World Premiere, and opening film, with Director Kazuo Shiroishi at introduction

### What are some of the highlights of NYAFF 2016?

Last year was a turning point for the festival in how it is being perceived as a key part of New York's cultural life. The Village Voice even awarded us as the city's Best Film Festival. At a time when other events are becoming more conservative, we're taking on that responsibility. Our game is on!

The whole programming team is really excited by what's happening in China and the Philippines as two of the most dynamic cinemas in Asia, whose films are not reaching a wider international audience. We're focusing on quality over quantity, bringing guests to better support these films.

### Do you have any specific theme this year? For example, "action", "horror" or "anime", etc.

We don't program the lineup with a quota of how many action, horror or animated films we must have. We do try to find a balance between pure genre films and non-genre films. While we don't see ourselves as a genre festival, genre is a key component of Asian cinema as we do reflect that.

We set a very high bar last year for honor with *Holitor* from the Philippines. We do have an interesting new Thai slasher-horror called *Slack* about the double-lives people live on social media, and we're thrilled to have *Kiyoshi Kurosawa's* *Contagion* both have sociological as well as psychological layers.

### Please just share some trends you noticed this year, style-wise or topic-wise.

It wasn't by design, but "corruption" emerged as an overarching theme. Our opening film, *Twisted Justice*, is based on the autobiography of a corrupt Japanese cop over three decades. Institutionalized corruption is a major theme of several films including South Korea's *Inside Men* and Taiwan's *Adversity*.

Early on, we discussed "innocence corrupted" but jokingly as a misfortunate theme. But we actually found several films by female directors that explore this - without being judgmental or morose - including *Jody Jai's* *Jay Jay Day Day* about Hong Kong high school girls who sell sex. The film was sincere.

### Do you plan to have any retrospective or featured filmmaker series in the film festival?

Last year we organized two of our best tributes: on the Korean production company Myang Films, and the late veteran Japanese actors Bunta Sugawara and Ken Takakura. This year, because it's our anniversary year we're doing a bit self-indulgent by bringing back films that we've loved and that show the evolution of the festival. And with more actor awards, we had to keep slots open for related films.

We really love curating retrospectives, where it's still possible to do something unique on an international level. So I'm sure they'll return next year. But we're determined not to become bloated and have a festival that is fundamentally a selection rather than a survey. We've maintained our film lineup at around 50 films total. Local audience members can watch every film.

### Please tell us about your featured guests this year.

We're doing this interview in early May when we're still finalizing the schedules of many of our guests. We're bringing some of Asia's most in-demand stars, who rarely if ever attend festivals and they're still having to arrange their filming schedules around us. One is applying for her first passport!

Within our Star Asia category, we arguably have the three biggest stars from their respective territories, certainly in terms of box office. And for our Rising Stars, where we get to have a little fun, we're bringing super-talented actors that we're really excited to introduce. We've been very lucky so far, and don't want to tempt fate by naming names!

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**P. 64 Asian Restaurant Review**

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### **Pure Thai Cookhouse**

Serving authentic cuisine from Ratchaburi Province in Thailand and reproducing the vibrant atmosphere of the region, Pure Thai Cookhouse attracts hard to please New Yorkers

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**P. 68 Asian Travel**

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© Korea Tourism Organization

### **Jeonju, South Korea**

Literally translated as "Perfect Area", Jeonju is blessed with beautiful, natural surroundings and was the spiritual capital of the Joseon Dynasty (1392-1897)

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**P. 69 Asian Beauty + Health**

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© banghapan@shutterstock.com

### **Ginseng: Root of Radiant Health and Beauty**

Traditionally used as a natural remedy in China and Korea, ginseng root is rich in powerful components that help improve health and beauty.

# TASTE THAI HEAVEN IN HELL'S KITCHEN

## PURE THAI COOKHOUSE

West of Bangkok is Thailand's Ratchaburi province, known for its floating market, where vendors sell delicious food and other items from wooden boats on the Mhongsa (canals). At Pure Thai Cookhouse, Ratchaburi-born owner, David Bank has recreated the authentic atmosphere and cuisine of his home province, with a menu showcasing the region's diverse cuisine.

"Ratchaburi is right in the middle of Thailand," he explains, "but it's not landlocked, so we have the advantage of getting fresh fish from the ocean, and meat from the mountains." Ratchaburi means "the land of the king," so Pure Thai Cookhouse serves decadent feasts on classics, such as papaya salad with or without chili, sautéed pork. The signature dish is a luxurious bowl of handmade egg noodles, crab meat, and pork, tossed in a tasty tomato-fish sauce; the noodles are tender yet toothsome.

For those who like to customize their plates, there's a list of "add-on" items, including peanut sauce and sunny-side-up egg. This is definitely a destination for meat eaters; so veggie options are few: spring rolls, steamed dumplings, and an entrée that combines seven vegetables in a mouthwatering medley (with or without tofu). Menu items are marked with one, two, or three stars, one is mild, but be warned: three is hot! If you're not sure, order mild and turn up the heat with the chili sauce and pepper provided at each table. Then add-on fluffy jasmine rice, and put out the fire with plumade or a sweet dessert of mango with coconut sticky rice!

**Pure Thai Cookhouse:** 140 North Ave., (East 54th & 55th Sts.) New York, NY 10019  
Tel: 212-691-1888 | [www.purethaicookhouse.com](http://www.purethaicookhouse.com)  
Mon-Fri: 12 pm-10:45 pm; Sat-Sun: 12 pm-11:30 pm; Sun: 12 pm-10:30 pm



Aromatic Egg Fried Rice: the menu's most popular item. Includes handmade noodles with chili, pork, and porky tender ground



Crab meat and pork, a delicious combination with Thai Green Chicken



Spiced with chili, tomatoes, the papaya salad is refreshingly spicy



The long narrow sweet fields like an outdoor sunset



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## BUCKET LIST ASIA TRAVEL: JEONJU, SOUTH KOREA

For travelers exploring Asia, it can be tempting to only indulge in the bright lights and fast pace of some of the most megacity cities in the world. But seasoned travelers know that getting away from the hustle and bustle can present something equally valuable and unforgettable. In South Korea is particularly, the city of Jeonju is a popular destination where travelers can connect to the country's history, culture, and unparalleled cuisine.

Located 120 miles south of Seoul, Jeonju translated means "Perfect Area." It is renowned for its fresh produce and fruit - in particular strawberries - presents beautiful natural surroundings, and for being the spiritual capital of the Joseon Dynasty (1392 - 1897). The city draws nearly 10 million visitors annually for its collection of traditional houses, historical and cultural attractions, and 2012 UNESCO Creative City of Gastronomy status.

**Getting There.** The quickest and most comfortable way to get to Jeonju is by the Korean Train eXpress (KTX). From Seoul, the KTX takes only about 2 hours and 20 minutes. Prices average around 30,600 Won (USD \$31 at the time of this writing) for Standard Class, while 1st class is 42,800 (USD \$37). The Seoraeul Line and Muganghwa Line (\$21 and \$14 respectively) are cheaper, as are buses (\$1 - \$15 depending on which service you take). However, these options do take an hour longer. Once you arrive at the train or bus station, Jeonju is only a short local bus or

taxi ride away.

**Haeok Village Street.** When you get to Jeonju, visiting **Jeonju Haeok Mural (village)** is essential. Haeok are among the most quintessential examples of traditional Korean architecture. Defined by its tiled roofs, wood and stone construction, and Ondol (floor heating system), these houses were built with strict consideration to the climate and surroundings. This village is home to 880 Haeok, the largest concentration of such buildings in the nation. While many of the buildings have been converted into stores, tea houses, and restaurants, wandering the streets will provide a rare glimpse into the atmosphere of the past, as well as the opportunity to savor the many provisions and specialties of today. And if you are staying overnight, there are plenty of guesthouses available as well.

**You Don't Know Kimbap.** At least, not until you've had it in Jeonju. For the uninitiated, Jaban (wrapping) bap (rice) is possibly the most famous of Korean dishes, where diners stir a variety of ingredients together in a cold brassware or hot stone bowl. The combination of vegetables, ranging from carrots to sprouts, zucchini, and seaweed, as well as various meats and pickling (that pepper paste) is incredibly satisfying. Jeonju bimbap takes it up a notch with yulhoe (beef tartar), a marinated beef jelly known as buring po-muk, raw egg yolk, and fresh local vegetables. The reputation is that once you've had it here, it'll be hard to love it anywhere else.



Jeonju Hanok Village, a traditional Korean village.

Walking through the Haeok Mural presents the perfect balance of nature and human design.



Jeonju Bimbap, a traditional Korean dish.

Bimbap: Your stomach will surely be looking back to Jeonju for you.



lets wander, and makes this a mandatory destination for culinary tourists. If you have time, add the **Jeonju Traditional Korean Wine Museum** to your trip, and keep an eye out for numerous food and drink festivals throughout the year.

**Exploring the Culture.** Within the mural is **Gyeongju** shrine, where visitors can explore Korea's Confucian history through its architecture, shrines, and numerous portraits of historical figures. For more religious imagery, hike up Seungjeon Mountain to reach **Daejeon Temple**, and see the nation's Buddhist influence, as well as unobstructed panoramas of the city. For more history, visit **Jeonju National Museum**, which has been preserving and exhibiting everything from archeology to folklore, and the fine arts. Then head to the **Jeonju Traditional Cultural Center**, and check out Hanon (traditional musical storytelling) and Minyo (folk song) performances. And don't miss **Jeonju Art Village** with its countless murals painted on every building at this neighborhood.

**Memoires and Souvenirs.** The other essential piece of culture you'll see everywhere is Hanji - the traditional Korean handmade paper. Not only does it line the doors and windows of Hanok, but is utilized for everything from notebooks to clothing. Head to the Jeonju Traditional Hanji Center is a must in order to understand this unique papermaking technique, as well as pick up some gifts along the way.

For more information about Jeonju, visit <http://jeonju.visitkorea.or.kr/eng/index.htm>

## GINSENG: ROOT OF RADIANT HEALTH AND BEAUTY

Used for centuries in Chinese traditional medicine, the ginseng root is recognized all over the world as a wellness powerhouse, with numerous benefits for health and beauty. Its botanical name, *Panax*, is the Greek word that means "all heal," and the root of the word *panacea*. And indeed, ginseng comes quite close to being a cure-all remedy. Among its many health-promoting properties, ginseng is considered to boost memory, mood, energy, and the immune system, lowers blood sugar and cholesterol levels, promotes relaxation, fights diabetes and cancer, treats sexual dysfunction in men, and works as an adaptogen, meaning it helps the body to cope with physical and mental stress.

No wonder ginseng is added to so many energy drinks and herbal tea blends! Ginseng also helps prevent the flu and lessen its duration, functions as an antioxidant to stimulate the immune system, helping the body fight off infections and disease, and also works to prevent inflammation. Its anti-inflammatory property makes ginseng a prized weapon in the beauty arsenal. As everyone knows, beauty starts with radiant, healthy skin—and ginseng promotes skin regeneration.

With sun exposure and the normal aging process, we all experience a breakdown of collagen, the protein that gives skin its firm, youthful appearance. But in one study, a group of women age 40+ took red ginseng extract orally for six months, resulting in increased collagen synthesis and reduced facial wrinkles. Certain skin conditions diminish the beauty of a person's complexion; among them atopic dermatitis, an inflammatory disorder that causes itching, irritation, and cracked skin. Topical application of ginseng has been shown to reduce the symptoms and discomfort of atopic dermatitis. More common irritations,



© iStockphoto.com/Stephan J. Lee

such as sunburn and razor rash, are also soothed and healed by topical application of ginseng.

Beauty buffs may take a cue from centuries of Korean brides, who traditionally took a pre-wedding bath in ginseng water, and prevented freckles and fine lines with ginseng tea. Does your mirror reveal puffy eyes or dark under-eye circles? A compress of cooled ginseng tea may help reduce eye puffiness, while lightening and brightening under-eye skin. You can also prepare your own soothing beauty mask by combining ginseng oil with water or hemp seed oil.

Not surprisingly, beauty companies around the world are incorporating ginseng as a key ingredient of their formulations. In Asia, there's a high demand for skin care products that improve the complexion, so that skin looks lovely even without makeup. Americans have come to appreciate this simple beauty ideal, seeking out ginseng-infused products (such as those

made and marketed by Sulwhasoo, a company that prides itself on the high-sapron content of its Korean ginseng). Lately, manufacturers of cosmetics and personal care products are adding ginseng to a wide variety of products, from facial moisturizers and anti-aging skin treatments, to soap and even hair shampoos and conditioners.

In Japan, respect for ginseng's potent medicinal properties is such that any skin care product containing this herb is categorized as a drug. So, how safe is ginseng? Classified as a low-toxic cosmetic ingredient by the Environmental Working Group, ginseng is safe for use in beauty and grooming products. If you're an prescription medications, check with your doctor before taking ginseng orally to prevent drug interactions. But overall, ginseng is a genius health and beauty aid with many benefits—well worth trying in one form or another.

### We Tried American Ginseng Tea

America's ginseng tea bags are one of the easiest ways to take the benefits of ginseng into your life. We tried Health America's Ginseng Tea bags for drinking hot. It has a unique, deliciously spicy smell which is actually invigorating. A coffee-like bitter taste is followed by a touch of sweetness and earthy undertone. If you drink them too strong, add honey to round

up the taste with a touch of sweetness. When chilled, its aroma is less noticeable yet you might taste more bitterness. We recommend you drink it like a sports drink to quench and energize.

According to the major producer of American ginseng product, Hana Ginseng Enterprise Inc., their ginseng tea

is also excellent for use in daily cooking. Just cut open a tea bag and add it to soups, stews, stir-fries and more.

**Hana Ginseng Enterprise, Inc.**  
Tarrant County, TX • W. Adams, 986 5625  
TEL: 1-800-625-5117  
[www.hanaginseng.com/us/](http://www.hanaginseng.com/us/)



# Entertainment Event / Le sure

## Exhibition

June 2-4

**Exhibition From Hiroshima Memorial Peace Museum  
The 63 Centares Foundation**

The 63 Centares Foundation and Kids for the Future/The Liberty is presenting an exhibition from the Hiroshima Memorial Peace Museum at the Center for Renaissance & Sharing. The hope is to provide opportunities for visitors to learn about the disastrous effects the atomic bombings had on humanity as a whole. Included in the exhibition are photographs and educational documents about Hiroshima Post. Present and Future as well as the story of Sadako and the Thousand Paper Cranes.

**Location:** Center for Renaissance & Sharing 1003  
127 4th Ave. (bet. 126 & 128 St.), 2nd Fl., New York, NY 10003  
TEL: 212-697-8631 / [www.trsp.org](http://www.trsp.org)

June 2-4

**"Microcosm" Exhibition  
Sara Japanese Pottery**

Sara Japanese Pottery will be hosting an exhibition featuring the imaginative work of three talented artists. The exhibition, titled



"Microcosm -Frederick's New York-" will feature Kiko Tsunagi's sculptures, Lana Kawa's artwork and Julie Teasdale's ceramics. Artists will explore the artists' different lifestyles and personalities expressed in their sculptures and artwork, challenging the viewer to imagine the artist's perspective. Opening reception will be held on June 2, 6 pm to 8 pm.

**Location:** 150 Lexington Ave. (bet. 49th & 50th St.)  
New York, NY 10017  
TEL: 212-677-3747 / [www.sara.com](http://www.sara.com)

June 10-28

**Ayukoh Furukawa Lacquer Exhibition  
Gallery onefourtyeight**

Gallery onefourtyeight will be featuring Ayukoh Furukawa Lacquer's exhibition "Can Art Be A Form of Prayer?" Its concept is that of a life-size drawing comprised of lines of letters which directly address topics such as peace, tolerance and social issues. There is also a message from the artist incorporated into her work. The piece needs to have viewers look for the messages that make up the larger image.

**Location:** 129 Avenue C, (bet. Ave 58 & 59)  
New York, NY 10002  
TEL: 212-676-6944 / [www.ayukoh.com](http://www.ayukoh.com)

## Performance

June 8, 11 & 12

**Taijutsu New York City Park Concerts  
Taijutsu**

The taiko (Japanese drumming) group Taijutsu, which formed last year, will take part again this year in the collaborative Arts, Culture and Fun series held in parks throughout the boroughs of New York (Fort Green, Feltman Bay, Adam, etc.). There is no cost for these events and they are unrestricted in terms of age and number of attendees. Please feel free to attend with family and friends, enjoying an afternoon or night in the park to the beat of taiko!

**Location:** Various NYC parks  
Contact: [taikunyc@gmail.com](mailto:taikunyc@gmail.com)

June 11

**Tanen Nakamura Solo Piano Concert  
Taan Cultural Institute**

New York and Tokyo based composer and pianist Tanen Nakamura will be in residence to promote the release of his 4th CD, "Water, Thin CD" as well as all of his previous ones that reached the Japan's Top 5 charting. His vibrant early concert will reflect how he has been influenced by a variety

## Event Feature

June 10-26

**Rare and Delicious Sweets  
from Kobe Fugetsudo  
Kobe Fugetsudo**

Midtown Marketplace will be holding its annual summer event unveiling special Japanese foods for a limited time. Amongst the rare and delicious offerings to be sold are seven kinds of Japanese sweets and other style sweets from Kobe Fugetsudo. Some of the types include: Castawa mochi, Kobe castella, Kobe cushion cake, Kobe roll cake and Rakko cheese cake. They are all premium sweets made from the highest quality ingredients and carefully baked to a perfect finish.

Ever since its establishment, Kobe Fugetsudo has been known for its combination of Japanese and Western



confectionery. Based on the company's concept of "The deliciousness of sweets is really our customers will continue from one year to another," Kobe Fugetsudo intends to expand the production of its sweets by utilizing the "Wu" or Japanese ingredients and technique, along with the "Wa" or Western mixture of colorful expressions. Why not find out for yourself just how well this combination works!

**Location:** Midtown Marketplace  
351 Ave. H, (between NJ 2788  
About Kobe Fugetsudo: [www.kobe-fugetsudo.jp](http://www.kobe-fugetsudo.jp)  
info: [www.kobe-fugetsudo.jp](http://www.kobe-fugetsudo.jp)

of musical styles such as classical, jazz, and progressive rock. Currently he engages in a variety of original active sets not just limited to piano, so join this show to experience his unique worldwide location. **Test Global Institute**  
 434 W. 125 St., 2nd Fl. & 4th Fl., New York, NY 10011  
 Tel: 212-443-2888 / [www.testglobalinstitute.com/2124432888](http://www.testglobalinstitute.com/2124432888)

## Festival

**June 2-3**  
**NY Japan Festival 2016**  
**Asia Society**



© Tokyo Center / TokyoMiyagi.com

The Asia Society will be hosting the NY Japan Festival which highlights new Japanese and Japanese American filmmakers in two nights of short films. The first night of the programming is followed by a reception, sponsored in part by Kira Brewery of Rochester.  
**Location: 125 Park Ave., 3rd Fl. & 4th Fl. (at E. 57th St.)**  
**New York, NY 10017**  
 Tel: 212-337-4937 / [www.asiasociety.org](http://www.asiasociety.org)

## Happenings

**Celebrate Father's Day with a Thai Meal!**  
**Bin Orchid Thai Kitchen**



Savory's Bin Orchid serves traditional and modern Thai cuisine using a variety of fresh exotic ingredients. Chef Mahdi Selekman was born and raised in Thailand and is an anti-tough, combining classic and modern approaches. This stylish location is the only place where you can taste his original menu, which is both diverse and affordable. This

Father's Day the restaurant is offering a special gift to all fathers who come in and mention Chopsticks NY, so why not treat your dad to brunch?  
**Location: 45-04 Queens Blvd., 2nd Fl. & 4th Fl. (at 111 St.)**  
**Somerville, NY 11386**  
 Tel: 718-827-6040 / [www.BinOrchidThai.com](http://www.BinOrchidThai.com)

**Weekly Trial Calligraphy Classes**  
**Friends Academy of Japanese Children's Society**  
 The Friends Academy of Japanese Children's Society is offering trial Japanese calligraphy classes every Mon-



day in June. Participation is merely \$21, but will be discounted to \$10. Children 5 years old and up as well as adults are welcome, as are all skill levels. Classes will teach the basics as well as more advanced styles of calligraphy and they will offer insights into Japanese culture. Those who continue with classes will have a chance to exhibit their work.  
**Location: 260 W. 103rd St., 3rd Fl. (at West 103rd St. & Riverside Dr.)**  
**New York, NY 10025**  
 Tel: 212-431-6231 / [www.japanesekids.org](http://www.japanesekids.org)

**20% Discount on Feather Lash for New Customers**  
**Lash Lash**  
 Lash Lash's extension specialty salon, Lash Lash is offering a 20% discount on the New Feather Thin Lash (\$130)

Full Set (\$60 tested) to new customers through the end of June. By applying a super soft material that is twice as thin as others, it creates a natural look while causing less damage to the original eyelashes. Each lash is supplied one by one with medical grade glue, making this salon staffed by four experienced Japanese eyelash stylists thoroughly different from others.



**Location: 107 Broadway St., 2nd Floor St. & North St.**  
**New York, NY 10011 / Tel: 448-838-7029 / [www.lashlash.com](http://www.lashlash.com)**

**10% off all Services for New Customers**

**We-C Salon**

The East Village salon We-C is offering discounts on its wide variety of services for new customers during the month of June. Services include: Cut, Permanent Waves (including Wash & Blowout), Single Process color Straightening (including Neutral and Japanese Straightening). The salon is known for its Japanese Straightening which uses quality Japanese products that are gentle to the scalp and hair and it also offers Head Spa by head massage specialists. Its easy relaxed atmosphere and friendly skilled staff welcome you!  
**Location: 235-E 56 St., 2nd Fl. (at 2nd Ave & 56th St.)**  
 Tel: 212-626-0225 / [www.yeahwe.com](http://www.yeahwe.com)



**Seminar and Premiere of the Komagatake Whisky Series NY Mutual Trading**

On April 4, NY Mutual Trading, Inc. hosted a seminar event introducing the new Komagatake whisky series with the presence of representatives from the distillery Mura Whisky and the importer, Nakano Imports. The four premium single malt whiskies consisting of "The Revival 2011," "Single Malt Komagatake Sherry and American White Oak 2011," "Single Malt Komagatake Mature of Shochu Roku" and "Mura Maltage 3plus 25 26 Years" are extremely rare and hard to find even in Japan. Particularly, "Mura Maltage 3plus 25 26 Years" which was made by aging the whisky for 26 years, is



precious. The audience was introduced to the intricate process of producing the whiskies followed by a Q&A and tasting. The Komagatake series can be purchased from New York Mutual Trading.  
**Location: New York Mutual Trading**  
**Tel: 212-639-5555**  
[www.nytmtrading.com](http://www.nytmtrading.com)

**Discount on KATSU-HAMA Bento from New Menu**

**KATSU-HAMA** has created a new menu for the 5th Street location. One standout is the **KATSU-HAMA** bento, which will be discounted through the end of June. This special seafood-centered bento is served along with rice, soup and miso, and another addition is the **Katsu Miso Burger** (\$12.50) served with soup. If you say that you heard about the bento in Chopticks NY, its normal price of \$29.99 will be discounted to \$21.99 as well as include a free tea or soft drink.



**Location:** 43-45 W 32nd St., (bet. 5th & 6th Ave.)  
**New York, NY 10001**  
**tel:** 212-341-7165 / [www.katsuhama.com](http://www.katsuhama.com)

**20% Discount on Haircut and Coloring Treatment**
**Hair By Mya**

**Mya Azman** is a hair stylist with over 25 years of experience working with celebrities and private clients. Her specialty is hair cut and hair coloring, making her a go-to for unique styles, individual and for her clients. For the month of June, Chopticks NY readers can receive a 20% discount on any haircut or coloring service.



**Location:** July 4  
 294 E. 48th St., (bet. 2nd Ave. & Cooper Sq.), New York, NY 10003  
**tel:** 917-483-4439 / [www.myahair.com](http://www.myahair.com)  
**offer:** Mya Mya

**In-Office Whitening with Take Home Maintenance Kit Dental Society of Manhattan**

Dental Society of Manhattan provides various services not limited to dental health care. Currently they are offering a special deal of \$499 for an in-office teeth whitening with a free take home maintenance kit.



along with a free take home maintenance kit. This kit includes custom upper and lower whitening trays and an whitening gel syringe, allowing you to preserve your newly white tooth color. Dental Society strives to offer you compassion, care, quality, and comfort in their services.

**Location:** 313 Madison Ave., (bet. 32nd St.) Suite 1025  
**New York, NY 10017**  
**tel:** 212-337-9204 / [www.dentalsociety.com](http://www.dentalsociety.com)

**Serving Three Tastes: Models for Beach Wave Hairstyle**
**Salon Wagon**

**Erin Wilkins**

**Erin Wilkins**

Erin Wilkins is an elite concept hair salon equipped with negative air products and facilities.

Its stylists create sophisticated looks that are modern, and styles that are easy to maintain. Their newest hair style is the Beach Wave, a soft, bouncy perm created with Japanese technology, and the salon is looking to test it out on volunteers. Participants will have a straight hair cut and be available for about two hours. During which time they will receive a free perm and haircut.  
**Location:** 272 E. 3rd St., (bet. Broadway & 2nd Ave.), New York, NY 10003  
[salonwagon@gmail.com](mailto:salonwagon@gmail.com) / [www.salonwagon.com](http://www.salonwagon.com)


**\$50-Off Campaign for First-Timers**
**De-ni Social Center**

The De-ni Social Center has launched a special campaign offering \$50 off its regular \$330 service to first timers. The treatment will take about an hour depending on your body's condition and conversation are required. The Center offers Soma Shiro, which is an ancient Japanese healing method that can cure chronic pain in the joints of your neck, back, shoulder and legs. The Center's goal is to cure such pains so that you can avoid surgery.  
**Location:** 141 E. 33rd St., (bet. Lexington & 2nd Ave.)  
**New York, NY 10002**  
**tel:** 212-497-9147 / [www.denisocial.com](http://www.denisocial.com)


**\$95 Summer Whitening Special**
**Waterwise Dental Care**

Founded in 1990, Waterwise Dental Care has always provided glowing personalized dental care for their patients. This summer, Waterwise Dental Care is offering a summer special on customized whitening trays with



only a \$95 value, the discount is available and the end of August. Mention Chopticks NY when you make an appointment.

**Location:** 78 Riverside Place, 4th floor  
**New York, NY 10007**  
**tel:** 212-463-4439 / [www.waterwisedental.com](http://www.waterwisedental.com)

## DEAL OF THE MONTH

### A Pair of Free Tickets to Takarazuka CHICAGO

July 26-28

**Lincoln Center Festival**


The Takarazuka Revue is an all-female troupe from Japan that has been renowned for its gender-bender adaptations of classical Japanese and Western stories. With over 2.5 million audience members attending their performances annually, they have become a cultural phenomenon. This year the Takarazuka Revue will be performing the award-winning musical *Chicago*. They are singing the complete *Kan-ko* & *En* classic songs in Japanese and performing Bob Fosse's choreography.

One lucky entrant to this sweepstakes will receive a pair of tickets to the show in July. To enter the sweepstakes, email "chopticksny2015@gmail.com" your name, email address, and a short bio to the body of the message by June 30.

**Location:** David N. Koch Theater  
 26 Lincoln Center Plaza, 4th floor & 4th level  
**New York, NY 10023**  
**tel:** 212-724-6000 / [www.lincolncenterfestival.org](http://www.lincolncenterfestival.org)



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[www.sangaria.com](http://www.sangaria.com)



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6% Alcohol

Drink Responsibly

Chu-Hi, the name comes from a combination of ShoChu and High-ball is a very popular cocktail in Japan. Chu-Hi is a clean, crisp and refreshing beverage that can be enjoyed anywhere and anytime!

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